LIVINGSTON COUNTY DEPARTMENT OF HEALTH

**Be Well in Lima Meeting Minutes**

**Monday, April 29, 2024; 10:00 – 11:00 a.m.**

**PRESENT: Tara Coffey,** Noyes Health; **Bridgette Guild**, LCDOH; **Christine Steerman,** Town Resident; **Mike Faulk,** Lima Town Supervisor; **Mark Petroski**, Lima Town Board; **Katie Bauer**, University of Rochester

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| **TOPIC** | **FINDINGS/DISCUSSION** | **ACTION/FOLLOW-UP** |
| **Welcome and Introductions** | Introductions of everyone at the meeting and on zoom. |  |
| **Roles and Outreach** | * Steering Group and Helpers Group   + The group would like to be sent the list of Be Well Roles again   + Also would like to send out a doodle poll to all current members for an alternative meeting date for Be Well Lima meetings going forward. Ask if everyone still has enough time to be a part of the group as well   + Discussed possibly doing another ad in the Penny Saver to the Lima community letting everyone know we are in need of assistance/volunteers * Positively Lima Facebook   + Bridgette reached out to Mayor Skiptunas to see if he was able to watch the Facebook training sent to him by Lisa Kenney however has not yet received a response   + There is a group of community members that have admin rights to the Facebook page. The Be Well group is planning to stay with this Facebook page as it is already pretty well established   + The Be Well Lima website will include a link to the Positively Lima Facebook page. * Google Drive   + Planning on discussing with IT once Dan recovers from surgery and gets caught up with work * Sharing Be Well on Other Community Websites   + Be Well Lima is now on the GVHP Website (GVHP.org listed under committees)   + Looking for one person from each Be Well Community to update the Be Well Calendar with meeting dates, events, etc. Mark volunteered to fill this role. | *-Bridgette to send out Be Well Roles with Meeting Minutes*  *-Bridgette to ask Diane to add Facebook link to Be Well Lima page*  *-Group to give feedback on the Be Well Lima website*  *-Tara to ask Diane to give Mark access to the calendar* |
| **Stretch Break** |  |  |
| **Timeline for Next Steps: assessments and policy/practice change** | * Margaret will be sending community assessment information to Kim Arnold through PIVITAL * Kara Cloud, a Lima resident through workforce development, will be starting with Tara on May 6th to help with the worksite assessment and other GVHP items for about 5 weeks (up to 25 hours per week) Once the assessment is complete, Kim Arnold will create a presentation for the group |  |
| **Other business** | * Stickers for Yard Games   + Be Well in Lima, Be Well in Livingston and GVHP stickers were provided to put on the yard games purchased by GVHP. * “Move More” Resources   + Office for the Aging assist with Tai Chi Classes     - Mike attended a Lima Golden Agers meeting to discuss a Tai Chi class and gather interest. He had to leave early so will follow up with the head of the Golden Agers to see if they can form a sign up ahead of time, we can then provide the list to Sue Carlock (Office for the Aging)   + Promote Lima Bean 5K Run/Walk     - Will discuss Lima Bean 5K Run/Walk when Tori returns     - Tara discussed with Diane and they will be donating at the $250 level, Diane is working on the paperwork to submit for Tori   + Walking/Sidewalk Expansion     - Everything was submitted on time. Have not received an answer on the grant yet. The announcements will be made in June or July. The money would be distributed in September. * “Stress Less” Resources   + Possibility of Purchasing Items for Public Library     - Christine has been in communication with the Lima Library and found that they have, or have ordered, everything on the list already. Christine will double-check this   + Mental Health/Wellbeing Podcast     - Now that the Be Well Lima website is up, we can add the podcast to the website. Christine will double check to see what is needed in order to have permission post it. * Promote Health   + Looking for a place that would love to host the promote health program. Tried at the library but did not have enough participants. The town hall may be a possibility.   + Promote Health is a free 8 week class from University of Rochester all about nutrition, physical education, connection, wellbeing, and support for feeling your best. Wilmot Cancer Institute funds this program. Golden Agers would be a great place to go to recruit participants. * Car Fit Event   + Car Fit is an older driver safety event to inspect to make sure they can see out of their mirrors, they can see over the steering wheel, their turn signals work, they know how to turn on the high beams, etc.   + They would be happy to do an event in Lima. * Eclipse Event   + Went very well, there were a few events in the village. The black light disco/bonfire event on Sunday night attracted about 500 people. There were about 3 times that on Monday for the Eclipse itself. There was a viewing tent to be able to see the eclipse on a tv. There were 8 or 9 food trucks.   + Discussed a possible annual spring event/celebration to bring the community together and outside after the long winter. Would like to discuss this event across all Be Well communities. Would like to engage youth by maybe doing a performance of some sort. Maybe do a spring clean-up during the day and a bonfire at night. | *-Mike to reach out to Golden Agers regarding Tai Chi class*  *-Christine to let Bridgette know if the library does have all of the books on the list. Bridgette to then create a media post promoting the books.* |
| **Next Meeting** | Will do a check in via email the week of May 20th, 2024 to see where everyone is at with tasks. |  |

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